

Day Surgery Unit

Shoulder Arthroscopy

The procedure

- Arthroscopic surgery of the shoulder is usually carried out under a general anaesthetic with an additional regional anaesthetic that numbs the shoulder and arm.
- The instrument used during an arthroscopy is called an arthroscope (a small telescope) which is connected to a television screen.
- The arthroscope is inserted through a small incision (10mm) in the back of your shoulder.
- This allows the surgeon to access a clear image of the inside of the shoulder and assess the extent of any damage.
- Once the extent of the damage has been determined further small incisions may be made to allow various specialist instruments to be inserted into the joint to trim and repair the damaged areas.
- At the end of the operation the shoulder joint is washed out and the incisions closed with sutures.

After the operation

- After your operation you will be able to sleep/rest for a while.
- You will be offered a drink of water on your return to the ward, and soon after this you will be allowed to start eating and drinking normally if you feel hungry.
- The nursing staff will monitor you closely when you first return to the ward, which means that your shoulder and arm will be checked along with your blood pressure and temperature.
- The anaesthetist will make sure that you are prescribed some pain relief for on the ward and for when you go home.
- You will return to the ward with a large pressure dressing over the wounds on your shoulder; this dressing will be removed before you go home, and some light adhesive dressings will be applied.

When you go home

- Once you feel well enough to go home (normally two to three hours after your operation) your nurse will advise you on what you need to do when you are at home.

- An information leaflet on general anaesthetics and brachial plexus blocks will also be given to you, any special reminders/instructions will be written on the back.
- Pain relief will be given to you and the nurse will explain what they are and when you need to take them. If when you are at home, the pain relief is not effective enough, please see your GP.

Wound healing and dressings

- Your wounds need to be kept clean and dry for five days. If your wounds are closed with stitches they will need to be removed by your practice nurse after 10-14 days.
- Watch for any signs of infection such as: unpleasant smell or discharge, increasing pain, hot area around wounds and an unexplained temperature.
- If you experience any of these symptoms please consult your GP, just to check that there is no infection present.

Physiotherapy

Physiotherapy is a vital part of the post-operative recovery. An outpatient referral will be made for you as Physiotherapists do not visit the Day surgery Unit.

1. Patients that have not had a shoulder stabilisation or rotator cuff repair will be able to commence light mobilisation of the shoulder as soon as they have full sensation back.
2. Patients that have had a shoulder stabilisation or rotator cuff repair will need to immobilise the shoulder for a period of time after the operation, and will be informed of how long this period will need to be.

Returning to work

If your job is of a sedentary nature, then you may return to work approximately two weeks after the procedure.

If you are in a physically demanding job you may need longer off work, and you will be advised of this on discharge from hospital.

The amount of time you will require off work following your arthroscopy is decided by the surgeon, so these figures may change depending on how well your surgery went.

Driving

You will be unable to drive for a period of time after your operation, and this will be dependent on what you have had done during your arthroscopy and

your insurance company. The surgeon/nursing staff will advise you of when you are able to drive.

Follow-up appointment

You will normally require a follow-up appointment in the clinic, and this will be sent to you in the post two to three weeks after your operation.

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

Gujarati

تکایہ پرسیار بکہ نہ گہر نہوزانیاریہت دہوی بہ زمانیکی تر . بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

Urdu



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Document History

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